



**BODY  
MECHANIX**  
PERSONAL TRAINING

# **TURBULENCE TRAINING**

**FITNESS - NUTRITION - HEALTH**

[bmpersonaltrainers.com.au](http://bmpersonaltrainers.com.au)

# TURBULENCE TRAINING

FITNESS - NUTRITION - HEALTH

## MAKE YOUR FITNESS SOAR

This is your Captain speaking.

Are you ready to take your fitness to new heights?

Then fasten your seatbelt because there are  
no 'passengers' in Turbulence Training.

With Body Mechanix Turbulence Training,  
you'll shake up your workout for jet-fast results.  
Offering high intensity training in an intimate group  
setting, we mix it up over an eight-week program to  
make sure you and your body are never bored.

From kettlebells to interval training, to pushups and  
more, you'll hit the open air and push yourself to the  
limit three times a week – Mondays, Wednesdays  
and Fridays from 6am to 7am.

Whatever your goal – weight loss, strength or  
improved fitness – Body Mechanix Turbulence Training  
will propel you above and beyond your limits.

## THE ITINERARY

General health profile  
Measurements – before and after  
Nutrition advice  
3 x one-hour sessions per week  
8-week program  
Max people 10

## BOOK NOW

Secure your place in the next course.

Call 9370 5403 or visit [bmpersonaltrainers.com.au](http://bmpersonaltrainers.com.au)



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